



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IT'S THE SUMMER TO DISCOVER



## Grand Traverse Bay YMCA

3000 Racquet Club Drive, Traverse City, MI 49684

[www.gtbayymca.org](http://www.gtbayymca.org) [info@gtbayymca.org](mailto:info@gtbayymca.org)

933-YMCA (9622)

SPRING & SUMMER 2011

Updated: June 7, 2011



## YMCA Board of Directors

Michael Casuscelli	Denny Lauterbach	Lynn Schultz
Nick Edson	Jay Lerner	Jonathan Spaner
Jill Fenton-Jones	Tina Piotrowski	Bill Stone
David Gabel	Kim Pontius	Rita Whaley
Hank Johnson	John Russell	Greg Williams
Marc Judge		Ron Williamson

## YMCA Staff

**Tom Van Deinse** - CEO  
**Barb Beckett** - Sports Program Director  
**Linda Doornbos** - Accountant  
**Dave Eitland** - Development & Marketing Director  
**Tony Letizio** - Maintenance Director  
**Dagny Monette** - Child Care, Family, Camps Director  
**Katie Winslow** - Teens, Facilities Rentals, Day Camp Supervisor  
**Betsy Van Deinse** - Gymnastics Supervisor  
**Joseph Van Deinse** - Tennis

The Grand Traverse Bay YMCA also employs over 200 part-time staff and 350 volunteers for over 65 programs.

## Building Hours: Memorial Day to Labor Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 12:00 pm
Sunday	Closed

## Labor Day to Memorial Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	1:00 pm – 9:00 pm

## 2011 Facilities Closings:

Jan 1 - New Year's Day	Sep 5 - Labor Day
Apr 24 - Easter Sunday	Nov 24 - Thanksgiving Day
May 30 - Memorial Day	Dec 25 - Christmas Day
July 4 - Independence Day	

*Christmas Eve and New Year's Eve: OPEN 6:00am - 3:00pm*

## Financial Aid & Scholarships

The Grand Traverse Bay YMCA is a 501(c)(3) not-for-profit charitable organization. We depend on membership fees, program fees, & contributions in order to provide our services to the community. It is our philosophy to never deny our services to youth and families because of inability to pay. Check out website at [www.gtbayymca.org](http://www.gtbayymca.org)

## Admittance

- \* Members and guests must sign-in at the front desk.
- \* A YMCA Membership card or photo ID is required.
- \* Children grades 6 and under must be supervised by an adult or be a participant in a YMCA program.



[www.gtbayymca.org](http://www.gtbayymca.org)

[newsqtbayymca.blogspot.com](http://newsqtbayymca.blogspot.com)



Y Main Facility, 3000 Racquet Club Drive  
 933-9622  
[www.gtbayymca.org](http://www.gtbayymca.org)



Y Gymnastics Center, 1100 Woodmere, Ste A  
 929-2869



Y Early Childhood Center,  
 1100 Woodmere, Ste B, 421-3568



New YMCA,  
 3700 Silver Lake Road  
[www.4good4ever.org](http://www.4good4ever.org) 935-4066

# FOR SOCIAL RESPONSIBILITY MEMBERSHIP

## It's more than just a membership ... It's the Y!



Being a member of the Grand Traverse Bay YMCA is unlike any health club membership. The Y brings families and friends of all ages together in a healthy, fun environment that builds body, mind and spirit!

Whether you participate in one or many of our youth sports, adult fitness classes, senior league play, or popular Family Fun Nights, you'll appreciate the variety of activities we offer to our members.

### IT PAYS TO BE A MEMBER OF THE Y!

While we encourage use of the YMCA by the whole community, those who choose to become members are part of a worldwide movement dedicated to youth development, healthy living and social responsibility! Members also enjoy many perks, including:

- Free indoor tennis, 6-8 a.m., M - F
- Ability to reserve courts
- Free fitness classes
- Free access to cardio area
- Free circuit-training room
- Free drop-in basketball
- Free or reduced rates on more than 65 programs!
- Free outdoor tennis
- Free racquetball
- Free Family Fun Nights
- Free teen dances
- Free WiFi & coffee in the lobby
- Free drop-in child watch
- Free lockers and towel service #

You'll be welcomed at more than 1,000 YMCAs nationwide through the YMCA AWAY program! Contact individual YMCAs for individual program terms.

### 2011 DAY-PASS RATES\*\*

**Youth: \$5**  
**Adults: \$10**  
**Family: \$15**

### 2011 CAMP & CHILD CARE PROGRAM MEMBERSHIP RATES

**\$25/YEAR**

**ALLOWS FAMILIES ACCESS TO SELECTED YMCA PROGRAMS**

**\$25/YEAR**

**ALLOWS INDIVIDUALS ACCESS TO SELECTED YMCA PROGRAMS**

\*\*Day Passes are limited to 3 uses per year.

### Bank Draft Policy

Bank draft is automatically renewed on an ongoing basis. A 30-day written notice and return of membership cards are required to cancel a membership. Automatic withdrawals are made on your local checking or savings account on the 1st or 15th of each month. The initial payment of Joiner Fee plus one month membership fee is non-refundable. The first debit can be expected within 30 days of purchase. The YMCA reserves the right to cancel any bank draft, and deny future bank drafts, due to insufficient funds.

### 2011 FACILITY MEMBERSHIP RATES\*

JOINER FEE		MONTHLY BANK DRAFT	MONTH-TO-MONTH NON-BANK DRAFT <small>Includes joiner fee</small>	6 MONTH OPTION <small>Includes joiner fee</small>	ANNUAL
\$50	<b>YOUTH</b> AGES 18 & UNDER	\$17	\$49	\$152	\$204
\$50	<b>SENIOR</b> AGES 60 & OLDER	\$27	\$69	\$212	\$324
\$50	<b>ADULT</b> AGES 19-59	\$32	\$79	\$242	\$384
\$50	<b>ADULT COUPLE</b> AS DEFINED BY THE IRS	\$42	\$99	\$302	\$504
\$50	<b>FAMILY</b> AC & DEPENDENTS	\$47	\$109	\$332	\$564

### Late Fees

A late fee of \$10 will be charged for all payments made after the registration deadline for all programs (includes programs with player fees) and to all late membership renewals. The late fee is non-refundable and will not be included in any program credit as per the Program Refund Policy. NSF or returned checks will have a \$20 fee added.

# Notice: all lockers are for day use only. Locks left on over-night will be removed and all contents discarded immediately.

\*Visit [www.gtbayymca.org](http://www.gtbayymca.org) for rate details and restrictions. Rates & fees subject to change without notice.



## FOR YOUTH DEVELOPMENT Y DAY CAMP

**Registration Night**  
**Friday, May 6, 6 pm!**  
**Y Main Facility**

**Registration Fee**  
**waived until May 27!**

**YMCA Day Camp** site is located at 3000 Racquet Club Drive in Traverse City on our **40 acre wooded site**. In our 26th year, Y Day Camp will run 12 weeks from **June 13 to September 2, 2011**. Camp opens at 6:30 am and closes at 6:00 pm, Monday – Friday.



YMCA Day Camp is a 12-week day camp program and a fun place for children to meet new friends, learn new games and activities, and enjoy the wonderful outdoor fields, camp sites, and 40 acre woods at the Grand Traverse Bay YMCA site.

### **Y Summer Camp has 5 different camps:**

**Young Explorers:** 3 –4 years/located at Y Early Childhood Center

**K Camp:** entering Kindergarten

**Traditional Camp:** Groups 1–5, entering 1<sup>st</sup>–5<sup>th</sup> grade

**Specialty Camp:** Sports Camp & Art Camp, 4<sup>th</sup>–6<sup>th</sup> grade

**Leader's Club:** 7–9<sup>th</sup> graders

**LOOK FOR THE Y SUMMER  
DAY CAMP BROCHURE FOR  
SPECIFIC INFORMATION,  
DATES, AND PRICES!**

The 12-weeks of camp are theme-based and have activities, projects and field trips around that theme. One of our most popular, “Splashtacular”, is a water theme, and all age groups will participate in water activities, games, beach field trip, Pirate’s Cove or Great Wolf Lodge. Be sure to bring extra clothing, bathing suit, and a towel that week!

YMCA Summer Camp is a fully licensed program for 5–15 years of age. The program has quality counselors to care and challenge each camper with character development, as well as model our 4-Core Values of Honesty, Caring, Respect, and Responsibility.



For more information contact Dagny Monette, Y Child & Family Director at [dagny@qtbayymca.org](mailto:dagny@qtbayymca.org) , 421-3568  
or Katie Winslow, Y Camp Supervisor at [camp@qtbayymca.org](mailto:camp@qtbayymca.org), 933-9622 or visit [www.qtbayymca.org](http://www.qtbayymca.org)

## FOR YOUTH DEVELOPMENT

### Y SCHOOL'S OUT PROGRAM

### Y SPRING & CHRISTMAS BREAK CAMP

### Y CHILD CARE

## SPRING & CHRISTMAS BREAK CAMP

During regular scheduled TCAPS the Y provides camps in a values-based, fun setting.

Spring Break Camp 2011: Mar 28 - 31, Apr 1

**Y Member Fee:** \$16/day

**Non-member Fee:** \$25/day

Christmas Break Camp 2011: Dec 23, Dec 26-30, Jan 2

**Y Member Fee:** \$16/day

**Non-member Fee:** \$25/day

## Y CHILD CARE

YMCA Child Care offers full-time and part-time programs for infant through Pre-K age groups that provide high quality care, professional and experienced staff, and structured and valuable learning. The Y understands the ins and outs of each developmental process and tailors programs to teach the model 4-Core Values of Honesty, Caring, Respect and Responsibility. Our Creative Curriculum allows for maximum use of imagination, and we use Group Publications for our Christian-based curriculum. Y Child Care fosters a warm, inviting, family-friendly environment with everyday interactions among parents, staff, and children.

**Location:** YMCA Early Childhood Center

1100 Woodmere, Ste. B, Traverse City

**Dates:** Mon - Fri

**Times:** 6:30 am - 6:00 pm

**Y Member Fee:**

\$170/wk for infants - 2 years

\$145/wk for 3 - 5 years

**Non-member Fee:**

\$175/wk for infants - 2 years

\$150/wk for 3 - 5 years

\$25 program registration

Partial week options available. Contact Dagny at 421-3568 for more information. *Financial assistance maybe available through the YMCA or Angel Foundation. Call 421-3568 for more information.*

All Y Child Care Programs accept DHS or have Y scholarship assistance available. Enrollment and health forms are required for each child to enter the programs. The forms may be accessed at [www.gtbayymca.org](http://www.gtbayymca.org). Y Child Care Programs are NOT Drop-In!



## Y SCHOOL'S OUT

On days when TCAPS is not in session for full days, breaks, or snow days, the YMCA offers programming for school age children called **Y School's Out**.

The program is located at the main YMCA and students can spend the day in a safe and fun environment playing sports, challenging their friends to board games, testing their virtual skills on the Wii console, creating art projects, and much more. Each child is to bring a sack lunch/beverage (no candy/pop), and an afternoon snack is provided.

**Location:** YMCA Main Facility

3000 Racquet Club Dr, Traverse City

**Dates:** Snow Days or TCAPS scheduled days off

**Times:** 6:30 am to 6:00 pm

**Y Member Fee:** \$16/full day, \$10 half day

**Non-member fee:** \$25/full day, \$20 half day

## FOR YOUTH DEVELOPMENT

### Y BASKETBALL SKILLS & TOURNAMENTS

### Y LACROSSE SKILLS, LEAGUES, & VARSITY TEAMS

### Y BEACH VOLLEYBALL

## SKILLS

### BASKETBALL SKILLS PROGRAM

Well rounded skills program where children learn this popular sport in the context of the YMCA's four core values of Caring, Honesty, Respect, and Responsibility. Kids should bring a water bottle. For children in grades 1 - 4.

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Wed, Jun 15 - Jul 20

**Registration Deadline:** Wed, Jun 8

**Y Member Fee:** \$25

**Non-member fee:** \$60

## TOURNAMENTS

### "MIDNIGHT MADNESS"

#### 3-ON-3 BASKETBALL TOURNAMENT

For boys and girls in grades 5-9. Every player gets a t-shirt. This is the biggest and best BB event in the TC area! Must register as a team.

**Location:** Traverse City local gyms

**Dates/Sessions:** Mar 18

**Times:** 5:00 pm

**Registration Deadline:** Mar 11

**Fee:** \$120 per team of 3 or 4 players

### "HOLIDAY CLASSIC"

#### 3-ON-3 BASKETBALL TOURNAMENT

Must register as a team. Every player gets a t-shirt. Divisions for grades 3, 4 & 5, and 6

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Dec 17

**Times:** 1:30 pm

**Registration Deadline:** Dec 9

**Fee:** \$120 per team of 3 or 4 players

### "THE BLIZZARD"

#### 5-ON-5 BOYS BASKETBALL TOURNAMENT

Must register as a team. For boys in grades 7 and 8. Every player gets a t-shirt.

**Location:** Traverse City local gyms

**Dates/Sessions:** Jan 28, 2012

**Times:** 9:00 am

**Registration Deadline:** Jan 18, 2012

**Fee:** \$200 per team

## Y LACROSSE SKILLS WORKSHOPS

This is a basic learning program with instructional practices and scrimmages. No experience necessary. Get ready for the Spring Leagues in April. Gym shoes, a stick and gloves required.

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Feb 14 - Mar 21

**Times:**

Grades 1 - 6 on Mon 5:00 - 6:00 pm

Grades 7 - 8 on Mon 6:00 - 7:30 pm

**Registration Deadline:** Feb 11

**Y Member Fee:** \$35

**Non-member fee:** \$70

## LACROSSE LEAGUES

The fastest sport on two feet. Lacrosse hand-eye coordination, running, teamwork, fitness, rules, safety, proper competition, and Y four core values ... it's all covered! Bring stick, gloves, helmet.

You MUST have proper protective gear to play!

**Location:** YMCA Main Facility, New Y fields, and TC area fields

**Dates/Sessions:** Week of Apr 4 to Week of May 23

**Times:**

Grades 1 - 4

Grades 5 & 6

Grades 7 & 8

**Registration Deadline:** Mar 15

**Fees:**

Grades 1 - 4 League Y members: \$35 Non-members: \$70

Grades 5 & 6 League Y members: \$55 Non-members: \$90

Grades 7 & 8 League Y members: \$55 Non-members: \$90

## LACROSSE VARSITY TEAMS

The Grand Traverse Bay YMCA will be handling the registration for the Grand Traverse Lacrosse Association. Obtain a registration form from your coach or at the Y.

Contact Commissioner Beckett for more information at 933-9622.

## Y BEACH VOLLEYBALL SKILLS

The Grand Traverse Bay YMCA is proud to offer beach volleyball. This program is for people in grades 5 - 7. This program is a great way for players to further develop their volleyball skills. Each practice will include: ball control, game strategy, team play, a strong emphasis on fundamental skills, and strength and conditioning.

**Location:** YMCA Main Facility

**Dates/Sessions:** Wednesdays, June 15 - July 20 (6 weeks)

**Times:** 5:30 - 7:00 pm

**Registration Deadline:** June 8

**Y Member Fee:** \$25 **Non-member fee:** \$60



## Y KINDERKICKERS

For boys and girls in preschool, 3 - 5 year olds. Learn the basics of soccer in a non-competitive, fun, and supporting atmosphere. Safety, skills, and teamwork are the focus. Class meets outdoors unless weather demands a move inside. Parents are encouraged to get involved in class exercises.

Location: YMCA Main Facility

Dates/Sessions: Wed, Jun 15 - Jul 20 (6 weeks)

Times: 4:30 - 5:30 pm

Registration Deadline: Jun 8

Y Member Fee: \$25

Non-member fee: \$60

## Y YOUTH SPRING SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-8. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

**Location:** Area Fields including the New Y Fields!

**Dates/Sessions:** Apr 16

**Times:** Sat, Tue & Thu evenings

**Registration Deadline:** Mar 21

**Y Member Fee:** \$25

**Non-member fee:** \$60

## Y FLAG FOOTBALL

The YMCA offers the best flag football program for boys and girls. All equipment provided and all games officiated. All players get an award for participating. Coaches are volunteer parents. Bring water bottle and dress for weather. We play in rain or shine! Both divisions meet once per week for 6 weeks.

**Location:** Main Facility and New Y fields

**Sessions:**

Grades 2 & 3: Tue 5:00 - 7:00 pm,  
Sep 13 - Oct 18

Grades 4 & 5: Thu 5:00 - 7:00 pm,  
Sep 15 - Oct 20

**Registration Deadline:** Sep 9

**Y Member Fee:** \$25

**Non-member Fee:** \$60

## FOR YOUTH DEVELOPMENT

Y KINDERKICKERS

Y SOCCER

Y POP WARNER FOOTBALL

Y FLAG FOOTBALL



## Y YOUTH FALL SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-8. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

**Location:** Area Fields including the New Y Fields!

**Dates/Sessions:** Begins Sep 17

**Times:** Sat, Tue & Thu evenings

**Registration Deadline:** Aug 26

**Y Member Fee:** \$25

**Non-member fee:** \$60

## Y POP WARNER FOOTBALL

The YMCA offers the oldest and safest youth tackle football program for boys and girls, not to mention it's the 2nd largest Pop Warner program in the Midwest! This is a travel league that plays on Saturdays in the fall.

Junior Pee Wee: Ages 8 - 10 and 60 - 105 lbs.

Junior Midget: Ages 10 - 12 and 85-135 lbs.

Check with local associations for information on the Pop Warner Cheerleading program.

TRAVERSE CITY ONLY SIGN UP NIGHTS:

Apr 18, May 18, July 18

Check out Youth Football websites at: [www.qtbayymca.org](http://www.qtbayymca.org), [www.tcyouthfootball.org](http://www.tcyouthfootball.org), [www.ymcafootball.com](http://www.ymcafootball.com)

Contact League Commissioner Barb Beckett at 231-933-9622

# FOR YOUTH DEVELOPMENT GYMNASTICS

page 8

## YMCA GYMNASTICS

1100 Woodmere, Suite A, Traverse City, MI 49686

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. Y Gymnastics will have final approval on class placement. Phone Y Gymnastics at 929-2869 with all gymnastics questions.

### PARENTS PLEASE NOTE:

*Y Gymnastics is a progressive program. To assure the best and safest coaching for your child and other children, class placement by our coaches is necessary.*

#### Boys & Girls ages 1 - 3 (w/parent)

Y Members: \$25 non-Members: \$49  
 \_\_\_ Tue 10:30 am \_\_\_ Wed 10:30 am  
 \_\_\_ Thurs 10:00 am \_\_\_ Fri Noon  
 \_\_\_ Sat 10:30 am (all classes 45 minutes)

#### Boys & Girls ages 3 - 4

Y Members: \$25 non-Members: \$49  
 (This class ONLY available to 3 year olds upon placement by a YMCA Gymnastics coach)

\_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
 \_\_\_ Tue 10:30 am \_\_\_ Tue 3:30 pm  
 \_\_\_ Tue 4:30 pm \_\_\_ Tue 5:30 pm  
 \_\_\_ Tue 6:30 pm \_\_\_ Wed 10:30 am  
 \_\_\_ Wed 4:00 pm \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 10:00 am  
 \_\_\_ Thurs 3:30 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri Noon \_\_\_ Sat 11:30 am  
 \_\_\_ Sat 12:30 pm (all classes 45 minutes)

#### Boys & Girls ages 5 - 6

Y Members: \$25 non-Members: \$49  
 \_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
 \_\_\_ Tue 10:30 am \_\_\_ Tue 3:30 pm  
 \_\_\_ Tue 4:30 pm \_\_\_ Tue 5:30 pm  
 \_\_\_ Tue 6:30 pm \_\_\_ Wed 10:30 am  
 \_\_\_ Wed 4:00 pm \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 10:00 am  
 \_\_\_ Thurs 3:30 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri Noon \_\_\_ Sat 11:30 am  
 \_\_\_ Sat 12:30 pm (all classes 45 minutes)

#### Boys Only ages 7 & up

Y Members: \$30 non-Members: \$54  
 \_\_\_ Mon 4:30 pm \_\_\_ Wed 6:00 pm  
 (all classes 55 minutes)

#### Beginner Girls ages 7 & up

Y Members: \$30 non-Members: \$54  
 (This class ONLY available to 7 year olds upon placement by a YMCA Gymnastics coach)  
 \_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
 \_\_\_ Mon 6:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Tue 5:30 pm \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Sat 10:30 am (all classes 55 minutes)

#### Int ages 6 & up 1 or 2 day s/week

1 day: Y Members: \$46 non-Members: \$70  
 2 day: Y Members: \$76 non-Members: \$100  
 (coach recommendation required)  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Wed 5:00 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Sat 10:30 am (all classes 1hr 55min)

#### Advanced 1 or 2 days per week

1 day: Y Members: \$46 non-Members: \$70  
 2 day: Y Members: \$76 non-Members: \$100  
 (coach recommendation required)  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Sat 9:30 am (all classes 2 hours)

#### NEW Trampoline & Tumbling Class

Y Members: \$30 non-Members: \$54  
 (must be intermediate level or above to register)  
 \_\_\_ Mon 3:30 pm \_\_\_ Tue 6:30 pm  
 \_\_\_ Wed 4:00 pm \_\_\_ Wed 7:00 pm  
 \_\_\_ Thurs 6:30 pm (all classes 55 minutes)

### Session dates:

Spring 1 (6 weeks) Week of Apr 4 - Week of May 9  
 Spring 2 (4 weeks) Week of May 16 - Week of Jun 6  
 Summer 1 (6 weeks) Week of Jun 20 - Week of July 25  
 Summer 2 (4 weeks) Week of Aug 1 - Week of Aug 22  
 Fall 1 (6 weeks) Week of Sep 12 - Week of Oct 17  
 Fall 2 (6 weeks) Week of Oct 31 - Week of Dec 5  
 Winter 1 (6 weeks) Week of Jan 2 - Week of Feb 6, 2012  
 Winter 2 (6 weeks) Week of Feb 13 - Week of Mar 19, 2012

### FUN MEET TEAMS

#### Pre-Team Levels 3-4 (4 hrs)

Y Members: \$66/mo non-Members: \$80/mo  
 \_\_\_ Tues & Thurs 4:30 - 6:30 pm

#### Pre-Team Levels 3-4 (6 hrs)

Y Members: \$84/mo non-Members: \$98/mo  
 \_\_\_ Tues & Thurs 4:30 - 7:30 pm

### COMPETITION TEAMS

SAVE \$10 OFF listed rate for payments received before the 1<sup>st</sup> of each month. ADD \$10 late fee to listed price for all payments received after the 5<sup>th</sup> of the month due.

#### Team Levels 4-5 (9 hrs)

Y Members: \$125/mo non-Members: \$139/mo  
 \_\_\_ Tue, Wed, Thurs 4:30-7:30 pm

#### Team Level 5 (12 hr)

Y Members: \$145/mo non-Members: \$159/mo  
 \_\_\_ Mon, Tue, Thurs 4:30-8:30

#### Team Levels 5-6 (16 hr)

Y Members: \$189/mo non-Members: \$203/mo  
 \_\_\_ M,T,Th 4:30 - 8:30 pm, Sat 9:30 - 1:30

#### Team Levels 6-7 (20 hr)

Y Members: \$235/mo non-Members: \$249/mo  
 \_\_\_ M,T,W,Th 4:30 - 8:30 pm, Sat 9:30 - 1:30

#### Team Levels 8-10 (24 hr)

Y Members: \$265/mo non-Members: \$279/mo  
 \_\_\_ M-F 4:30 - 8:30 pm, Sat 9:30 - 1:30

### Private Lessons

Y Members: \$36/hr  
 non-Members: \$48/hr

**Birthday parties available!**  
**Private lessons available!**

Check out our NEW 3,000 sq.ft.  
 gym and the  
**Adrenaline Maze Bounce House!**  
 It's perfect for parties!

Call 929-2869 for details.







## LEADERS CLUB

Leaders Club kids participate in special projects that challenge their character, provide them with skills to make good choices, and build positive self-esteem. The group grows close in friendship and builds a connection to be the very best they can be. We are in the process of forming a new Leaders Club at this YMCA.

Teens build relationships with the teen leaders who encourage them and provide opportunities and events that are fun and enjoyable for all interests. Some activities we are hoping to include in the upcoming year-round program are sledding, movies, and special game nights.

Each event will be chaperoned and parents are welcome to participate.

Check out the website at [www.gtbayymca.org](http://www.gtbayymca.org), or contact Katie Winslow at 933-9622 for scheduled events and to be added to the mailing list.

## MICHIGAN YOUTH IN GOVERNMENT

Youth In Government is a program that reaches out to students in the Traverse City Public Schools and surrounding schools, such as Leland and Elk Rapids.

Students learn how government works, operates, and how the government/congress system functions to pass laws and legislation.

The entire group travels to Lansing and spends a week learning with actual hands-on experience at the State Capitol.

Check the website at [www.gtbayymca.org](http://www.gtbayymca.org), or contact Katie Winslow at 421-3568.

**Location:** Lansing

**Dates:** Mar 30 - Apr 3

**Fee:** \$345.00/ person plus a transportation fee.

## FOR YOUTH DEVELOPMENT LEADERS CLUB MICHIGAN YOUTH IN GOVERNMENT TEEN DANCES YMCA BIRTHDAY PARTIES

### TEEN DANCES

Teens can dance the night away, enjoy pizza, and get in a few games of 3-on-3 or P-I-G, with hundreds of their friends during the Teen Dances at the Grand Traverse Bay YMCA Main Facility.

The dance is open to students in grades 6, 7, 8 and the price includes three hours of dancing to music provided by a professional DJ, open gym, pizza and pop. Please consult the Teen Dance Code of Conduct on website <http://bit.ly/dSHpjb>

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Sat, Mar 5, Apr 2, May 7, Aug 20, Sep 17 (No dance in June or July)

**Y Member Fee:** FREE

**Non-member fee:** \$8

Student ID is required to get into the dance!

Parents and volunteers are always welcome to chaperone the dances.

Check out the website at [www.gtbayymca.org](http://www.gtbayymca.org), or call at 933-9622.

### YMCA BIRTHDAY PARTIES

Weekdays, evenings, or weekends we will gladly host a two-hour party. We will decorate the party room and provide all of the paper products. Parents provide cake, ice cream, and party favors if desired. Fun events including our new bounce house are run by our staff.

**Fee:** \$105 (up to 12 children), Additional children are \$2.00 each. Maximum of 20 children.

Make your reservations at 933-9622 for the Y Main Facility.

Special Gymnastics-themed parties also available at our gymnastics center. Call Betsy at 929-2869 to make your gymnastics birthday party reservation.

## FOR YOUTH DEVELOPMENT Y YOUTH TENNIS



### GRADES 6 – 8 GIRLS TEAM TENNIS

8 – 10 players/team by school but may be combined. Features one or more practices each week scheduled by team coach. A match against another team once each week.

**Location:** Y Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Week of Apr 18 to Week of May 23

**Times:** 4:00 pm

**Registration Deadline:** Apr 11

**Y Member Fee:** \$25

**Non-member fee:** \$60

### TOURNAMENTS

**NMTA Midwest Qualifier** Jun 10 – 12

Tournament participants must be USTA members.  
Visit [tournaments.usta.com](http://tournaments.usta.com) for more information.

#### Session dates:

Spring 1 (6 weeks) Week of Apr 4 – Week of May 9  
 Spring 2 (4 weeks) Week of May 16 – Week of Jun 6  
 Summer 1 (6 weeks) Week of Jun 20 – Week of July 25  
 Summer 2 (4 weeks) Week of Aug 1 – Week of Aug 22  
 Fall 1 (6 weeks) Week of Sep 12 – Week of Oct 17  
 Fall 2 (6 weeks) Week of Oct 31 – Week of Dec 5  
 Winter 1 (6 weeks) Week of Jan 2 – Week of Feb 6, 2012  
 Winter 2 (6 weeks) Week of Feb 13 – Week of Mar 19, 2012

### YOUTH GROUP TENNIS LESSONS

\_\_\_ Tots (ages 3-5) Tue 8:30 am – 9:00 am

Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

\_\_\_ Tots (ages 4-6) Sat 10:30 am – 11:00 am

Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

\_\_\_ Grades K-3 Sat 11:00 am – Noon

\_\_\_ Grades K-3 Tue 4:00 pm – 5:00 pm

\_\_\_ Grades K-3 Fri 4:00 pm – 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

\_\_\_ Grades 4-6 Sat Noon – 1:00 pm

\_\_\_ Grades 4-6 Tue 4:00 pm – 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

\_\_\_ Grades 7-9 Fri 4:00 pm – 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

\_\_\_ Grades 7-9 Sat 1:00 pm – 2:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

\_\_\_ HS Try Out Team Sat 1:00 pm – 2:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

\_\_\_ Tourney Team\*\* Mon, Wed, Thu 4:00 pm – 6:00 pm

2 day: Y Members: \$126/24 hrs Non-Members: \$216/24 hrs

3 day: Y Members: \$210/36 hrs Non-Members: \$360/36 hrs

\_\_\_ Tourney Team\*\* Sat 2:30 pm – 4:00 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

\_\_\_ Grades 9-12 Sun 7:00 pm – 8:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

\*\* Coach recommendation REQUIRED for Tourney Teams

**Location:** Y Main Facility, 3000 Racquet Club Drive

**Dates:** Spring 1 (6 weeks) Week of Apr 4 – Week of May 9

Spring 2 (4 weeks) Week of May 16 – Week of Jun 6

Summer 1 (6 weeks) Week of Jun 20 – Week of July 25

Summer 2 (4 weeks) Week of Aug 1 – Week of Aug 22

### PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

**Fee:** Y Member \$40/hr, Non-member \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants

## FOR HEALTHY LIVING ADULT TENNIS

← SESSION DATES ON PAGE 10

### COURT FEES:

YMCA members may reserve courts up to one week in advance. Non-members may not reserve courts and must purchase a day pass in addition to court fees when playing with a member. All fees must be paid at the front desk before playing.

### CONTRACT COURT TIME:

To be assured your same court & time each week, we offer Contract Court Time for Fall and Winter. YMCA Members only. Call Barb Beckett at 933-YMCA (9622) for Contract Court availability. Contract Court offered in 17 week sessions beginning week of Sep 5 & Jan 2

### PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Y Member Fee: \$40/hr

Non-member Fee: \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants.

### BALL MACHINE RENTAL:

Pay court fee plus \$2 per hour.

### COURT RENTAL FEES:

#### Indoor Courts:

Mon - Fri 6 - 8 am Members FREE

Mon - Fri 8 - 9 am \$12/hr

Mon - Fri 9 am - 5 pm \$16/hr

Mon - Fri 5 - 9 pm \$18/hr

Sat 8 am - Noon \$18/hr

Sun 1- 9 pm \$18/hr

#### Outdoor Courts:

Members FREE

Non-Members: \$10 day pass and \$2/hr/person

### ADULT GROUP TENNIS LESSONS

\_\_\_ Intermediate Wed 10:30 am - Noon

\_\_\_ Intermediate Thurs 8:00 pm - 9:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

\_\_\_ Advanced/Int Wed 9:00 am - 10:30 am

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

### ADULT TENNIS LEAGUES

\_\_\_ Mon AM League Mon 9:00 am - 11:00 am

Y Members Only: \$60/14 hrs - Balls provided

\_\_\_ Thu League Thurs 2:00 pm - 4:00 pm

Y Members Only: \$60/14 hrs - Balls provided

### ADULT CARDIO TENNIS

\_\_\_ Tue 10:00 am - 11:30 am or Wed 10:30 am - Noon

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

\_\_\_ Thu 9:00 am - 10:00 am or Wed 10:30 am - Noon

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

### FREE TENNIS FOR Y MEMBERS!

Y Members play tennis free 6:00 - 8:00 am Mon - Fri

Teen Members also free 6:00 - 9:00 pm 2nd & 4th Sat!



Due to limited availability (We need to build the New Y Now!), registration for each new session of group tennis lessons and leagues will be subject to the following rules:

1. YMCA members currently enrolled in a group tennis lesson or league may register up to six weeks in advance for the next session. Note: lessons run on a 6 week schedule; leagues run on a 7 week schedule.
2. Other YMCA members may register for a group tennis lesson or league up to one month in advance of each session.
3. Non-members may register for group tennis lessons up to three weeks in advance of each session.
4. Registration is not complete and a spot cannot be reserved until all fees are paid.

## FOR HEALTHY LIVING

page 12

### ADULT FITNESS

### CHILD WATCH

The Grand Traverse Bay YMCA provides four fitness areas, classes, and trained staff to provide members and the public with solutions unique to their fitness needs.

Choose between four distinct fitness areas: (Free to members!)

#### STRENGTH & CARDIO:

14-piece strength circuit features selected machines by Body Power, complemented by three screen Broadcast Vision entertainment for our cardio equipment: four treadmills, four stair steppers, three bikes, and three elliptical machines.

#### FREE WEIGHTS:

Benches and squat rack for lifting in a semi-private setting. Check out our new rubberized flooring!

#### AEROBICS STUDIO:

Soft wood floor for dance & aerobics, as well as special fitness programs utilizing hand weights, resistance tubes, and exercise balls.

#### CIRCUIT TRAINING ROOM:

Complete circuit training room upstairs in main facility offers users the benefit of a complete workout in a nice, private, large room.

Group or individual training fees:

\$36/hr members, \$48/hr non-members

#### CHILD WATCH SERVICE:

The YMCA offers babysitting for ages birth - 7 years during aerobics hours only. Parents must be on the premises for children to use this service.

##### Days/Times:

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:00pm - 7:30pm

Times are subject to change with no notice.

**Fee:** YMCA Members FREE Non-members \$3 per child/visit



#### PERSONAL TRAINING:

Work one-on-one with a Certified Personal Trainer to assess your current fitness level and develop a program to meet your personal fitness goals. Please visit the Main Facility Front Desk to schedule a personal training session

Group or individual training fees:

\$36/hr members, \$48/hr non-members



**The Y provides a variety of group exercise opportunities. All FREE to YMCA members.**

**Location:** Main Facility, 3000 Racquet Club Dr

**Y Members Fee:** FREE **Non-member Fee:** \$10

### **C.S.I. CARDIO STRENGTH INTERVALS**

This class puts it all together.

**Days/Session:** Mon & Wed

**Times:** 9:30 – 10:30 am

### **BOOT CAMP**

Get a fast-paced workout with no two classes alike.

**Days/Time:** Fri 9:30 – 10:30 am

Mon, Wed, Fri Noon– 1:00pm

### **TOTAL BODY CONDITIONING (TBC)**

Increase the heart rate while sculpting those muscles.

This one-hour class combines strength training and aerobics to give you a workout worth talking about.

**Days/Session:** Mon & Wed

**Times:** 5:30 – 6:30 pm

### **Y PILATES**

Pilates is a great way to firm and tone, de-stress, and rejuvenate your spirit, mind and body. Non-impact technique make for a class anyone can benefit from!

**Days/Sessions:** Tue & Thu

**Times:** 5:30 – 6:30 pm

**New!**

### **Y POWER X**

This class will have participants tone and build muscles and gain endurance using weights and plyometric circuit training. No rhythm needed, just an attitude for hard work and a desire for great results! This hardcore strength and conditioning class is aimed to challenge even the fittest. So if you think you got what it takes to make it through an intense rip roaring program then ... BRING IT!

**Days/Sessions:** Saturdays

**Times:** 11:00 am – 12:30 pm

Note: No child care provided during this class.



### **TOTALLY TONE**

Tone up by using several methods of strength training.

**Days/Sessions:** Tue and Thu

**Times:** 9:30 – 10:15 am

### **HARD "CORE"**

All core, all the time. Spend a half hour of your morning hour strengthening the body's powerhouse, your core. All levels and all abilities welcomed.

**Days/Sessions:** Tue and Thu

**Times:** 10:15 – 10:45 am

*Note: These two classes are scheduled "back-to-back" so that people can either take them separately or together.*

**New!**

### **Y TRX @ TRAINING**

Total Results Training. TRX Suspension Training delivers results with dynamic total body exercise that appeals to both men and women, no matter their fitness level and goals. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

**Days/Times:** Mon / 10:45 am – 11:30 am; Tue / 6:45 pm – 7:30 pm; Wed / 8:45 am – 9:30 am

Y Members: \$12 / 6 week session

Non-Members: \$72 / 6 week session

## FOR HEALTHY LIVING

### PICKLEBALL

### NOON DROP-IN BASKETBALL

### RACQUETBALL, HANDBALL & WALLYBALL

#### PICKLEBALL

Pickleball is played on a badminton sized court with a paddle and a plastic ball. Join the fun! Coed sport.

**Location:** YMCA Main Facility, 3000 Racquet Club Drive

**Dates/Sessions:** Mon, Wed, Fri

**Times:** Call Y for times - 933-9622

**Y Member Fee:** \$3 court fee per player

**Non-member fee:** \$10 day pass plus \$3 court fee per player

The Y has three indoor and three outdoor courts.

Check [www.usapa.org](http://www.usapa.org) for more information.



#### NOON DROP-IN BASKETBALL

**Location:** YMCA Main Facility, 3000 Racquet Club Dr

**Dates/Sessions:** Tue and Thu

**Times:** Noon - 2:00 pm

**Y Member Fee:** FREE

**Non-member fee:** \$10

#### RACQUETBALL, HANDBALL & WALLYBALL

Four courts available. Only members may reserve courts.

**Location:** YMCA Main Facility, 3000 Racquet Club Drive

**Dates/Sessions:** Open

**Times:** By reservation at 933-9622

**Y Member Fee:** FREE

**Non-member fee:** \$10 day pass plus \$5/hour court fee



**FOR HEALTHY LIVING**  
**Y SOFTBALL LEAGUES**  
**MEN'S BASKETBALL LEAGUES**  
**ADULT RECREATIONAL SOCCER**

## **Y SOFTBALL LEAGUES**

**Location:** GT County Civic Center Fields,  
Traverse City

### **Women's League:**

**Registration Deadline:** Apr 22

**Fee:** \$650 per team

**Starting:** May 9

**League Dates:** "A" and "B" on Tue, Wed, Thu

### **Coed League:**

**Registration Deadline:** Mar 31

#### **Starting Dates & Number of Teams in League:**

Sun Competitive, May 1, first 20 teams

Sun Recreational, May 1, first 20 teams

Mon, May 2, first 9 teams

Fri, May 6, first 9 teams

**Sun Fee:** \$550 per team

**Mon & Fri Fee:** \$650 per team

### **Men's League:**

**Registration Deadline:** Mar 31

**Starting Date:** Apr 25

#### **Leagues and Play Dates:**

Senior: Mon, B: Thu, C: Tue, D: Wed

Friday is for overflow

**Fee:** \$650 per team

Contact Barb Beckett, 933-9622 for more information.

## **Y MEN'S ADULT**

### **SPRING BASKETBALL LEAGUE**

**Location:** TC St. Francis Gym

**Registration Deadline:** Apr 1 - First 8 teams

**Times:** Sun Evenings

**Season:** Apr 10 - Jun 5

**Fee:** \$325 per team

## **Y MEN'S ADULT**

### **SUMMER BASKETBALL LEAGUE**

**Location:** Traverse City St. Francis Gym

**Registration Deadline:** Jun 1

**Times:** Sun Evenings

**Season:** Begins Jun 12

**Fee:** \$475 per team until May 23, \$500 per team thereafter.

All basketball games are officiated. Contact Barb Beckett, 933-9622 for more information.

## **Y ADULT SOCCER**

Teams will form each night for recreational soccer games. Adults only. No upper age limit. Just for the fun of it!

### **MEN'S**

**Location:** Y Main Facility Fields

**Registration Deadline:** May 27

**Times:** Thu 6:00 pm

**Season:** Jun 16 to Aug 11

**Fee:** \$25 per player

### **WOMEN'S**

**Location:** Y Main Facility Fields

**Registration Deadline:** May 27

**Times:** Wed 6:00 pm

**Season:** Jun 15 to Aug 10

**Fee:** \$25 per player

All games are officiated. Contact Barb Beckett, 933-9622 for more information.

## FOR HEALTHY LIVING

### FAMILY NIGHTS

### Looking for something fun and affordable to do with your family? Join us for Family Fun Nights at the YMCA!

Family Fun Nights bring your family together in a safe and fun environment to keep your kids smiling and your budget in check.

### Family Fun Night Schedule

#### At the Main Y

Come join us for family friendly games of racquetball, basketball, tennis, ping pong, or test your virtual skills on the Wii game console. **All-you-can- eat** pizza, beverages, and snack provided.

**Location:**

Y Main Facility

3000 Racquet Club Dr

**Dates/Sessions:** First Friday each month

**Times:** 6:00 – 9:00 pm

**Y Member Fee:** FREE

**Non-member fee:** \$15 per family

#### At the Y Early Childhood Center

This night is geared toward families with younger children offering art projects, a huge gym, and Wii activities. **All-you-can-eat** pizza, beverages, and snack provided.

**Location:** Y Early Childhood Center

1100 Woodmere, Ste B

**Dates/Sessions:** Third Friday each month

**Times:** 6:00 – 8:00 pm

**Y Member Fee:** FREE

**Non-member fee:** \$15 per family.



Go to [www.qtbayymca.org](http://www.qtbayymca.org) for themes and exact dates.



## FOR SOCIAL RESPONSIBILITY FACILITY RENTALS VOLUNTEER, GIVE, LIVE

### YMCA FACILITY RENTALS

The YMCA is the place to go for large venue activities, youth lock-ins, retreats or just a few hours! You may rent in advance all or part of our facility for a group of any size. We offer canoeing, kayaking, tennis, roller hockey, basketball, racquetball, wallyball, volleyball, and many other activities for fun and exercise. Ask for a Facility Rental Brochure at the YMCA front desk, go to the web site at [www.gtbayymca.org](http://www.gtbayymca.org) or call 933-9622 .

*Some examples:*

- *Present Truth Ministries of TC meets at the YMCA Early Childhood Center Sunday afternoons at 2:30 pm for a non-traditional time of worship and teaching.*
- *A school is using our workout and fitness areas for a special physical education class.*
- *Churches have rented the facilities for various youth ministry activities including "lock-ins".*
- *Groups like pickleball enthusiasts rent court time to play this fast-paced, growing sport.*



### VOLUNTEER, GIVE, LIVE

#### VOLUNTEER

Coaches, baby rockers, chaperones, committee members, building & grounds ... there are plenty of opportunities to volunteer your time and talent to the over 65 programs of the Y. Check out our website and click "Volunteer" on the program list for many and varied opportunities.

#### GIVE

#### INVEST IN YOUTH

Your annual donation to our *Invest in Youth Appeal* gives the opportunity to kids, families, and seniors to fully participate in all our programs. Check out our website and download a donation form for your gift.

#### THE NEW Y CAPITAL CAMPAIGN

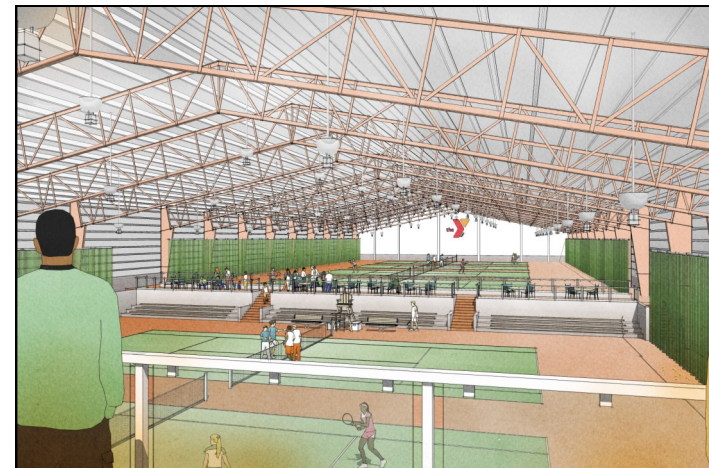
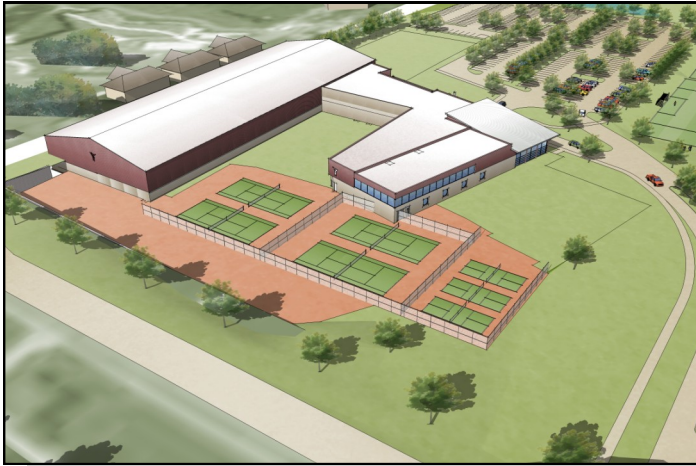
Your donation and pledge to the New YMCA will help us build the new Y on Silver Lake Road. Click [www.4good4ever.org](http://www.4good4ever.org) to make a donation now. Call 935-4066.

***We thank our 359 volunteers in 2010 who gave 28,349 hours worth \$574,067 in service to help the Grand Traverse Bay YMCA promote its Judeo-Christian mission to our region!!***

## FOR SOCIAL RESPONSIBILITY THE NEW Y

page 18

For kids, families, communities.  
*The new Y.*



**We are building the New Y so that:**

- 4,000 more people from our region will enjoy a full service family-oriented recreational facility.
- We can fight youth obesity in our region and serve an additional 1,000 families in their life of fitness.
- 2,000 children will learn to swim each year in our 4-pool aquatics facility.
- We can meet the demand for indoor tennis facilities in our area.
- 1,000 teens each weekend will have a safe, positive place to grow.
- We can serve some 35,000 program users each year.

*Can you?*

### **GIVE**

A gift or multi-year pledge?

[www.4good4ever.org](http://www.4good4ever.org) or call 935-4066

### **VOLUNTEER**

Host a party? Serve on a support group?

Call the Y at 933-9622

### **PRESENT**

Arrange a New Y presentation at your work, group, service club, or faith community?

Call the Y at 933-9622

*Needed to reach campaign goal:*

**\$6,000,000**

[www.qtbayymca.org](http://www.qtbayymca.org)



## Universal Registration Form

<b>Program</b>			
Program Dates/Season Dates:			
<b>Participant Name</b>			
Email	<input type="checkbox"/> Y Member	<input type="checkbox"/> Male	
	<input type="checkbox"/> Non Member	<input type="checkbox"/> Female	
Address			
City, State, Zip			
School	Grade	Date of Birth	
Mother/Guardian		Father/Guardian	
Address		Address	
City, State, Zip		City, State, Zip	
Home Phone	Cell Phone/Emergency	Home Phone	Cell Phone/Emergency
Special Needs/Health Concerns (include medications)			
Special Request (coach, teammate, etc.)		Please contact me to volunteer as a:	
		<input type="checkbox"/> Coach <input type="checkbox"/> Assistant Coach <input type="checkbox"/> Photographer/Videographer	

### STAFF USE ONLY

Form of payment:

Program # \_\_\_\_\_

Cash

Check # \_\_\_\_\_

CC # \_\_\_\_\_

CC Expiration Date \_\_\_\_\_

Amount Paid \_\_\_\_\_ (including late fee) Date Received \_\_\_\_\_ Staff Init \_\_\_\_\_

**RETURN FORM TO:**  
**Grand Traverse Bay YMCA**  
**3000 Racquet Club Dr**  
**Traverse City, MI 49684**  
**933-YMCA (9622) Front Desk**  
**947-0651 (Fax)**  
**www.gtbayymca.org**

### GRAND TRAVERSE BAY YOUNG MEN'S CHRISTIAN ASSOCIATION

#### Official Registration Form

#### Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused be the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. *PARENTS: Our staff is trained in child abuse prevention and all staff sign a code of conduct. Please report any suspicious activity immediately.* The undersigned agrees to abide by the Program Refund Policy as stated in the YMCA quarterly Program Brochure. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

**The Grand Traverse Bay YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials.** This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion. Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner. The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

**YMCA PROGRAMS ARE NOT SPONSORED BY OR ASSOCIATED WITH TCAPS OR GTACS**

Signature of Applicant/Parent: X \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Child in Program: X \_\_\_\_\_

Date: \_\_\_\_\_



The Grand Traverse Bay YMCA would like to thank our advertisers for making this publication possible.  
3000 Racquet Club Drive, Traverse City, MI 49684 | 933-YMCA (9622) | [www.gtbayymca.org](http://www.gtbayymca.org)